I savor my food.

I appreciate food and fully enjoy each bite. I give thanks before eating. I slow down so that I can taste my food instead of rushing through it.

I create a beautiful presentation that appeals to each of my senses. I set an elegant table with candles and cloth napkins. **I delight in the scents, textures, and sounds of my food, as well as the flavors.** I enjoy the smell of cinnamon in my coffee and the crunch of roasted chickpeas.

I experiment with new dishes to make my diet both nutritious and delicious. I turn grocery shopping into an adventure. I visit ethnic stores and farmers' markets. I sample unfamiliar spices and produce. I discover exotic fruits and ancient grains.

I eat before I become too hungry. Planning ahead helps me to design balanced meals and snacks instead of relying on convenience stores and vending machines.

I enjoy cooking. I keep my kitchen clean and well organized. I browse through cookbooks and the internet for ideas. Chopping vegetables makes me feel mindful and peaceful. Baking macaroons gives me a sense of accomplishment.

I share my meals with others. **Serving healthy food to my family and friends expresses my love.** Inviting a coworker or acquaintance out to lunch gives us a chance to talk and draw closer.

Today, I pay attention to what I put into my body. I know that healthy eating can be delicious and fun.

Self-Reflection Questions:

1. What does the saying "You are what you eat" mean to me?
2. What is one happy memory that I have about food?
3. How can I maintain a positive attitude about food while I manage my weight?